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# QUALITY OF LIFE AND PHYSICAL ACTIVITY IN PEOPLE WITH RHEUMATOID ARTHRITIS

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**Abstract:** Rheumatoid arthritis (RA) is the most common form of inflammatory rheumatism. The onset of synovitis in middle aged population, the irreversibility of damage and the progression of the disease reduce the possibilities and capacities of a person with RA to fulfill their needs and thus achieve the overall quality of life. Quality of life (Qol) is a multidimensional concept defined by the World Health Organization as a state of complete physical, mental, and social well-being. Early diagnosis, the therapeutic approach “*treat to target*” and the application of biological therapy are current recommendations that contribute to the Qol of people with RA. Regular physical activity (PA), or any physical movement that leads to energy expenditure, is a key component of a healthy life. Since existing research has shown a significant impact of PA on chronic diseases of the modern era, the question of the benefits of PA in RA arises. The objective of this paper is to review and analyze the available recent research in order to examine the effects and importance of the implementation of PA on the Qol of people with RA. This study is a review of the literature using PubMed/MEDLINE and Science Direct, not older than ten years. People with RA, in addition to designed programs of therapeutic exercises as part of physiotherapy, also practice different forms of PA in their free time or through organized activities. The results indicate that the implementation of regular PA, dosed according to time and intensity as well as according to the current picture of arthritis reduces the symptoms of arthritis, which improves the overall Qol of these people. Implementation of PA is beneficial for people with RA. In order to improve the Qol, it is necessary to design adapted programs of PA, respecting the specifics of each individual.

**Keywords:** *rheumatoid arthritis, quality of life, physical activity*

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